



Grant County Health Department
111 South Jefferson Street Floor 2
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www.co.grant.wi.gov
(608) 723-6416

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Remember Food Safety!!!!

Avoid Cross Contamination

- ▶ Use plastic or other non-porous cutting boards. Use different cutting boards for raw meat and other foods, or wash and sanitize with a mild diluted bleach solution between each use.
- ▶ Never place cooked food on a plate that held raw meat unless the plate has been properly washed and sanitized.
- ▶ Don't spread bacteria with dirty sponges, dishcloths, or towels. Use paper towels or freshly-cleaned sponges or cloths and soap and hot water to clean.
- ▶ Wash your hands with soap and water *before* and *after* handling raw products and *before* handling ready to eat products.

Cook Safely

- For meat, poultry, and other dishes, use a food thermometer to make sure foods are cooked to a safe internal temperature.
- Don't use recipes in which eggs remain raw or only partially cooked. Cook egg dishes until they reach 160 °F.
- Cook fish until it's opaque and flakes easily with a fork.
- When microwaving, make sure there are no cold spots in food (where bacteria can survive). For best results, cover, stir, and rotate food for even cooking.
- When reheating sauces, soups, and gravies, bring them to a boil. Heat other leftovers thoroughly to 165 °F or 190 °F if in a microwave.



Chill Thoroughly and Quickly

- ◇ Make sure the refrigerator temperature is 40 °F or below and 0 °F or below in the freezer.
- ◇ Refrigerate or freeze perishable leftovers within 2 hours.
- ◇ Defrost or marinate food using the refrigerator. You can also thaw foods in the microwave, if you'll be cooking the food immediately.
- ◇ Divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator.
- ◇ Don't over-stuff the refrigerator. Cold air must circulate to keep food safe.

If you have questions or concerns about food safety, contact:

The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at (800) 535-4555 or (202) 720-3333 (Washington, DC area).
The TTY number for the hearing impaired is (800) 256-7072.

***The mission of the Grant County Health Department is to
promote the health and wellness of ALL residents of Grant County.***

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Grilling Fruits & Veggies

Use your grill to cook more than meat; throw on some fruits and vegetables to add color, flavor, texture and nutrition to your meals. The Dietary Guidelines for Americans recommend filling half of your plate with fruits and vegetables. Grilling them brings out their natural sweetness and adds a slightly smoky flavor.

Almost any vegetable or fruit can be cooked on the grill. Just follow a few simple tips....

- Choose fruits and veggies that are ripe, but not too soft so they'll hold up well on the grill.
- Avoid direct heat or flames.
- Cut fruits and vegetables into large equal pieces to ensure even cooking and keep them from falling through the grates.
- Other options include using a grill pan, a double layer of heavy-duty aluminum foil or skewers to make kabobs.
- Vegetables are cooked when you can gently pierce with a fork. Fruits should be hot and slightly golden.

Give these veggies a try on the grill: bell peppers, tomatoes, squash, onions, eggplant, asparagus, corn, and mushrooms. Before grilling, brush vegetables lightly with olive oil or your favorite spices or marinate them in an oil-based Italian-style dressing for added flavor.

For dessert, try grilled bananas! Slightly under-ripe bananas work best. Brush peeled, whole bananas with canola or sunflower oil. Grill about five minutes per side and serve with low-fat frozen yogurt. Other fruits that taste great grilled include peach halves, pineapple, and watermelon slices.

Source: Food Sense



Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

UW
Extension

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Sep 1st—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Sep 7th—Fennimore United Methodist Church from 9:00am to 3:30pm

Sep 13th—Boscobel United Methodist Church from 9:30am to 3:30pm

Sep 15th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Sep 20th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Sep 22nd—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Sep 27th—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm

Sep 28th—Late Lancaster Schreiner Memorial Library from 3:00pm to 6:30pm



The Grant County Health Department will be closed on the following day:
September 5th

Do Preteens and Teens Need Vaccines?

There are several reasons you need vaccines as you mature:

1. Some of the vaccines you got as a child wear off over time, so you need shots to keep you protected from serious diseases like tetanus, diphtheria, and pertussis (whooping cough).
2. As you get older, your risk of getting certain diseases like meningitis, septicemia, and HPV-related cancers increases. Specific vaccines, like HPV, should be given during your preteen (11-12) years because they work better at that age.
3. Vaccines not only protect you from serious diseases, but also your siblings, your friends, and the people that care for you like your parents or grandparents.

You probably see a doctor or other health care professional for physicals before participating in sports, camping events, travelling, applying to college, and so on. All of these check-ups are a perfect time to ask about vaccines.

What Vaccines Do I Need?

One shot of [Tdap vaccine](#) to protect against tetanus, diphtheria, and pertussis (whooping cough).

Two shots of [meningococcal vaccine](#) to protect against meningococcal disease. The two most severe and common forms of meningococcal disease are meningitis, an infection of the fluid and lining around the brain and spinal cord, and septicemia, a bloodstream infection.

Three shots of [human papillomavirus \(HPV\) vaccine](#) to protect against HPV infection and cancers caused by HPV. HPV infection can cause cervical, vaginal, and vulvar cancer in girls and penile cancer in boys. HPV can also cause anal cancer, throat cancer and genital warts in both boys and girls.

Plus, everyone should get a [flu vaccine](#) every year to protect against seasonal influenza.

You also need [catch-up vaccines](#) if you weren't fully vaccinated as a child. Catch-up vaccines you might need include measles, mumps, rubella (MMR), hep B, polio, and varicella (chickenpox). If you are travelling or have a chronic health condition like diabetes, heart disease, or asthma, you may need other vaccines as well. Ask your healthcare professional during your next visit if you need additional vaccines.

Source: *Centers for Disease Control and Prevention*

Grant Regional Health Center to Host Women's Wellness Conference on October 8

Grant Regional Health Center is excited to announce an upcoming event - "Be Your Best Self" Women's Wellness Conference on Saturday, October 8th from 8 a.m. – 12:30 p.m. Businesses are invited to join in bringing women together in health and wellness! This special event is designed to give women of all ages a time to relax, renew and reenergize.

The new event will feature a high-spirited keynote speaker, Eliz Greene, who is full of inspiration and motivation. She will share simple strategies to live longer, feel better and stress less. In addition to a vendor fair, we are planning to host a variety of local experts who will lead break-out sessions to empower health and happiness.

The event will also offer health screenings, spa treatments, and fitness classes – plus door prizes and giveaways! Early bird pricing is \$15 per person. Cost will increase to \$20 per person after September 1st. Scholarships may be available upon request – to allow everyone the chance to attend regardless of the ability to pay. Another bonus for women is they can bring their children! Complimentary childcare will be available for ages 3 mos. – 4th grade and also a Youth Track for grades 5-8 is only \$5 per child.

Special thanks to the Lancaster Community Fund, Grant County Health Department, CESA3 and GRHC Auxiliary & Foundation for helping to fund a portion of this event. If other businesses would like to make a donation to help offset expenses, please contact Sandy Leibfried at 723-3358.

Businesses are welcome to join in as a vendor for only \$25. This includes a table at our event where businesses can display information about their business and/or products to sell. We are asking businesses to contribute a door prize (valued at a minimum of \$25). Please contact Missy Kliebenstein if you have any questions, by calling 723-3255.

For more information about this event, visit Grant Regional Health Center's website www.grantregional.com or find us on Facebook.

Why breastfeeding is important

There are many benefits to breastfeeding. Even if a baby is breastfed only a short time, he/she can benefit from breast milk. Benefits include:

- Breast milk is the most complete form of nutrition for infants. Most babies digest breast milk easier than formula.
- Breast milk changes as a baby grows to meet their nutrition needs.
- Hormones and antibodies in breast milk protect babies from illness. This protection is unique: formula cannot match the chemical makeup of human breast milk.



BENEFITS FOR MOM:

- Breastfeeding uses up extra calories, helping mom lose the pounds of pregnancy. It also helps the uterus to get back to its original size and lessens bleeding a woman may have after giving birth.
- Breastfeeding can lower the risk of type 2 diabetes, postpartum depression, breast and ovarian cancer.
- Breastfeeding saves time and money. You do not have to purchase, measure, and mix formula. There are no bottles to warm in the middle of the night!
- Breastfeeding can increase physical contact between mom and baby. This contact can boost oxytocin, a hormone in breast milk, that helps milk flow and calm the mother.
- Breastfeeding is better for our environment because there is less trash and plastic waste compared to that produced by formula cans and bottle supplies. Breastfeeding mothers miss fewer days from work because their infants are sick less often.



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